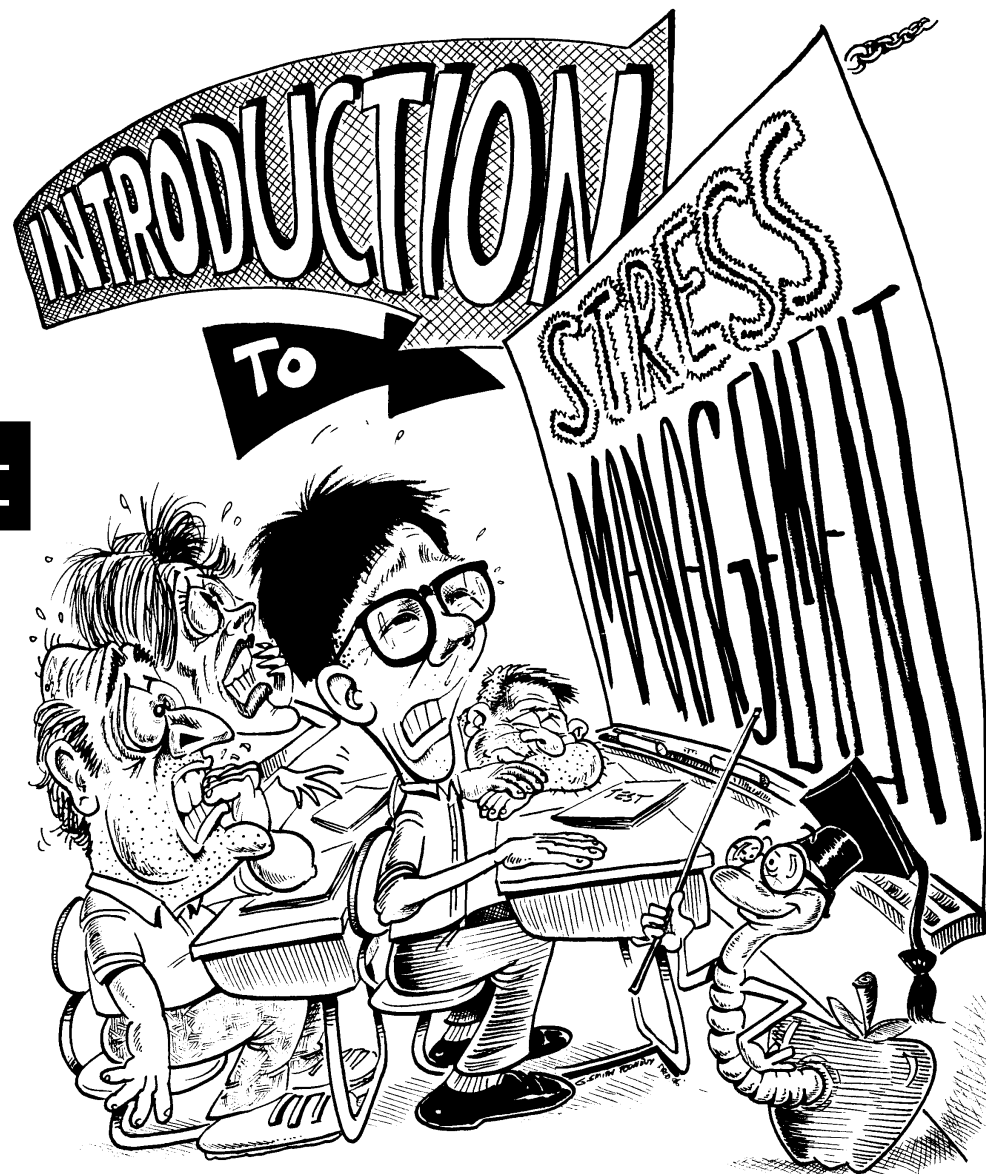


Targeting Health Stress Management



OH-1
Rev:

Purpose

The purpose of this lesson is to increase your understanding of stress and the role stress plays in your health and wellness, the importance of managing stress, and to identify the way you personally react to stress.

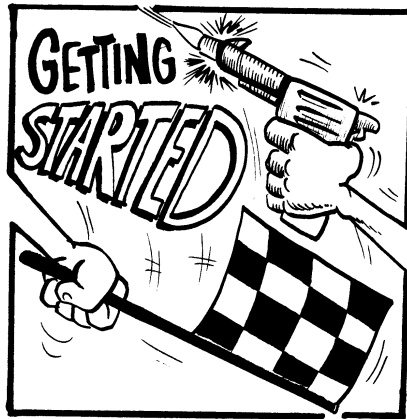
By the end of this lesson you should be able to:

1. Demonstrate an increased understanding of stress as measured by the “Hitting the Target” multiple choice test.
2. Identify five positive ways to cope with stress.
3. Reduce your stress by choosing one new stress reduction technique to use for the next

OH-2
week.

Rev:





Getting to Know You



OH-3
Rev:



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Are You Stressed

Out? This quiz* to find out.

Check the box if the statement is true about you.

- ☐ I often have digestive upsets.
- ☐ I tend to lose my temper easily.
- ☐ I have trouble sleeping.
- ☐ People say I am a "worry wart."
- ☐ I have difficulty concentrating.
- ☐ I feel tired and drained all the time.
- ☐ I watch a lot of TV.
- ☐ I often get migraines or tension headaches.
- ☐ I feel "blue" and have a hard time getting over it.
- ☐ I am really impatient with other people.
- ☐ I feel "burned out."
- ☐ I feel the harder I work, the more behind I get.



* adapted from the American Heart Association. (1993). *Common sense about feeling tense.*

OH-4

Rev:



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Worksheet 1.1a

Are You Stressed

Out? *the Checks.*

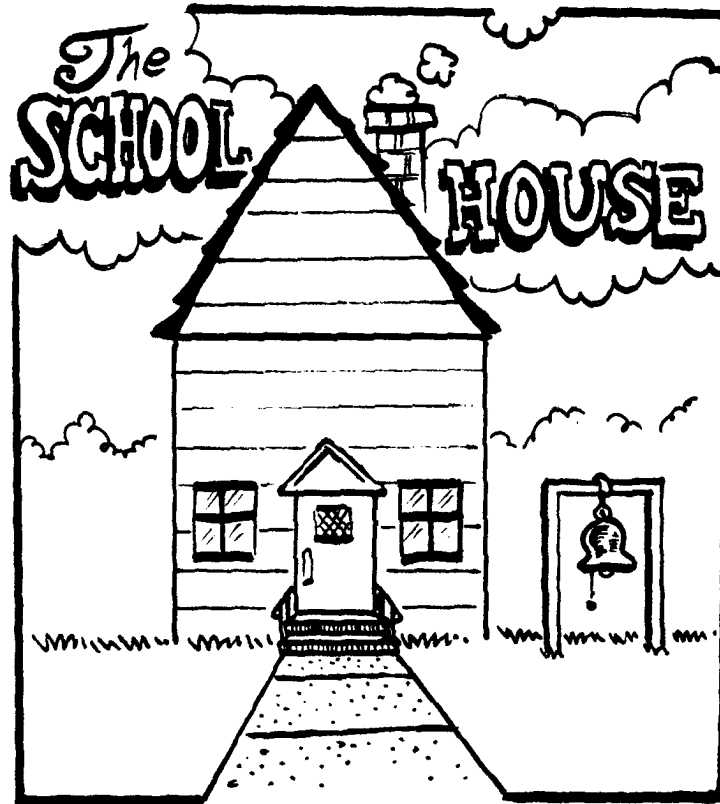
If your score is:

⇒ **0-3 Congratulations!**

□ **4-8 You have quite a few symptoms of stress.**

□ **9-12 The many symptoms you are experiencing may be related to high levels of stress.**

Entering

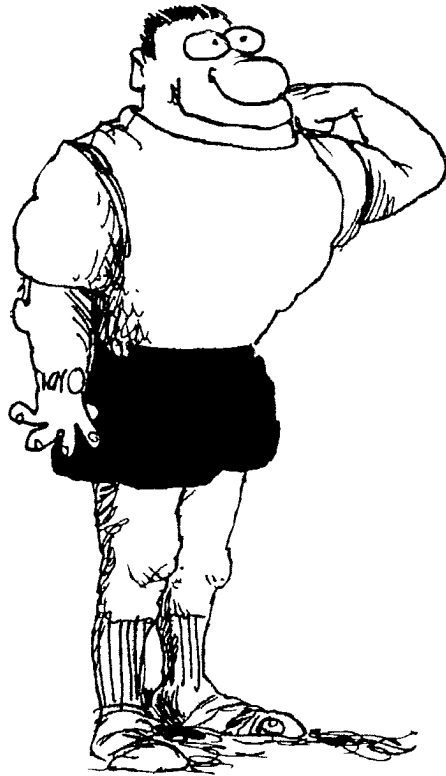


OH-6
Rev:



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Stress = Any Demand to Change



Returning to "homeostasis"



- Positive
- Negative
- Neutral

OH-7
Rev:



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Fun or Distress?

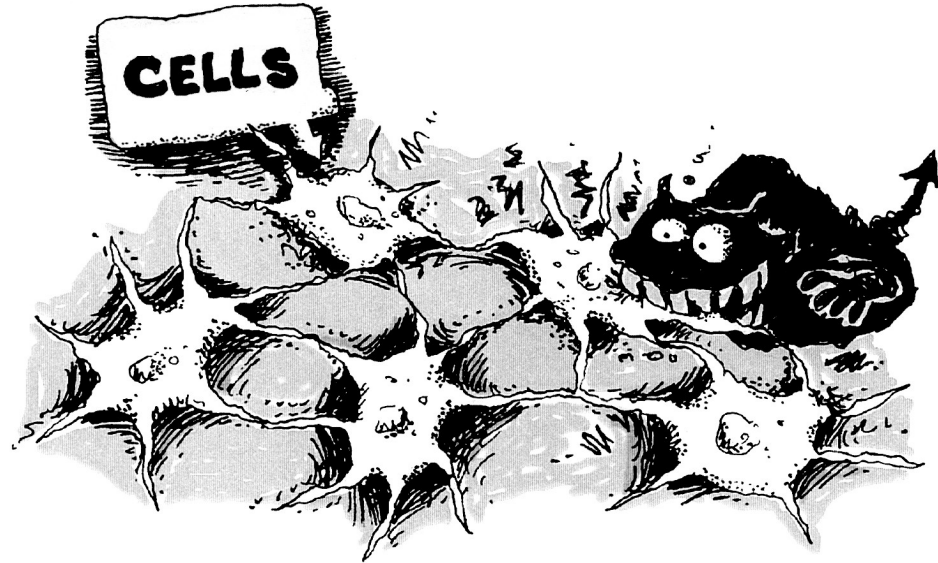
Your Call!



OH-8
Rev:



Immune System Functioning

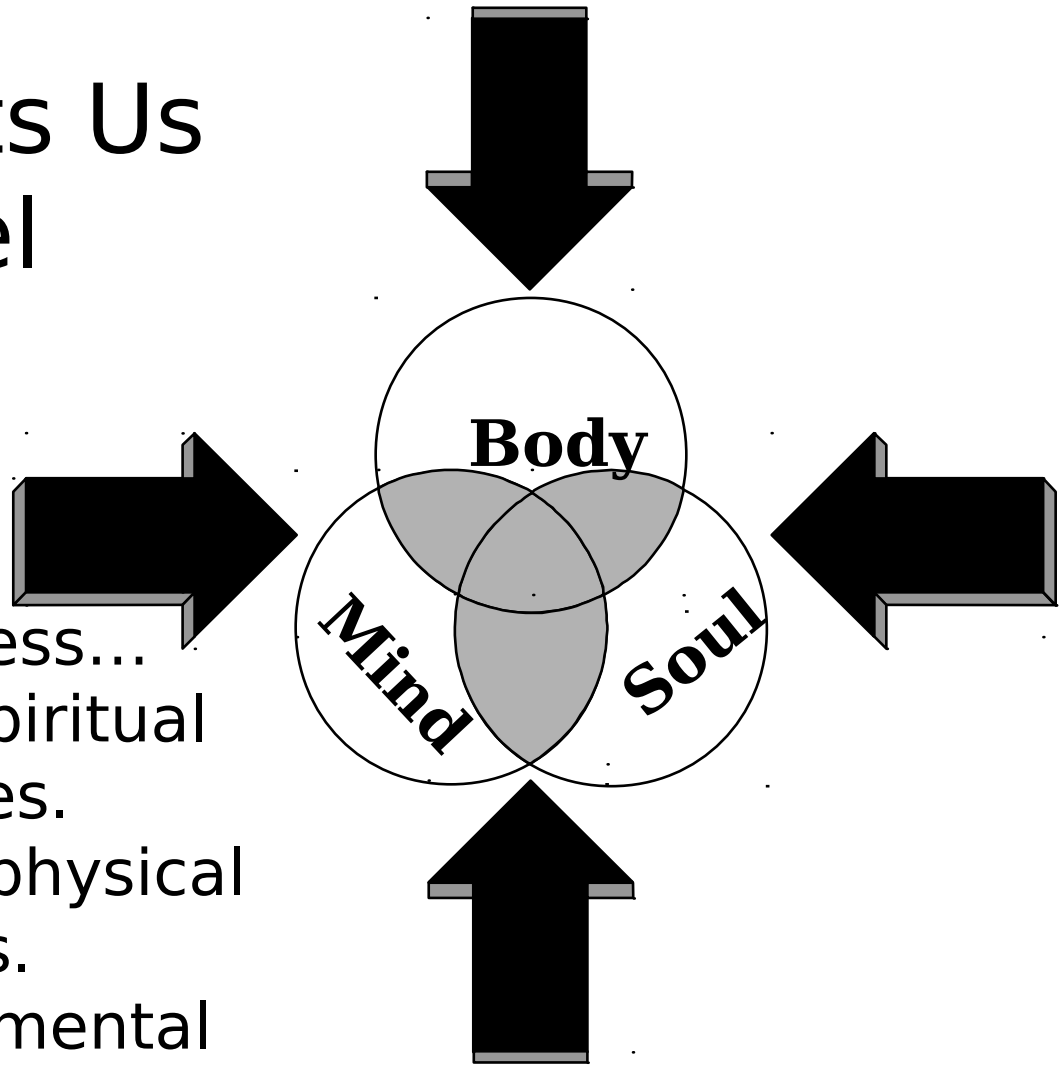


- ➔ **Stress can reduce the body's ability to fight infection and disease, including cancer.**

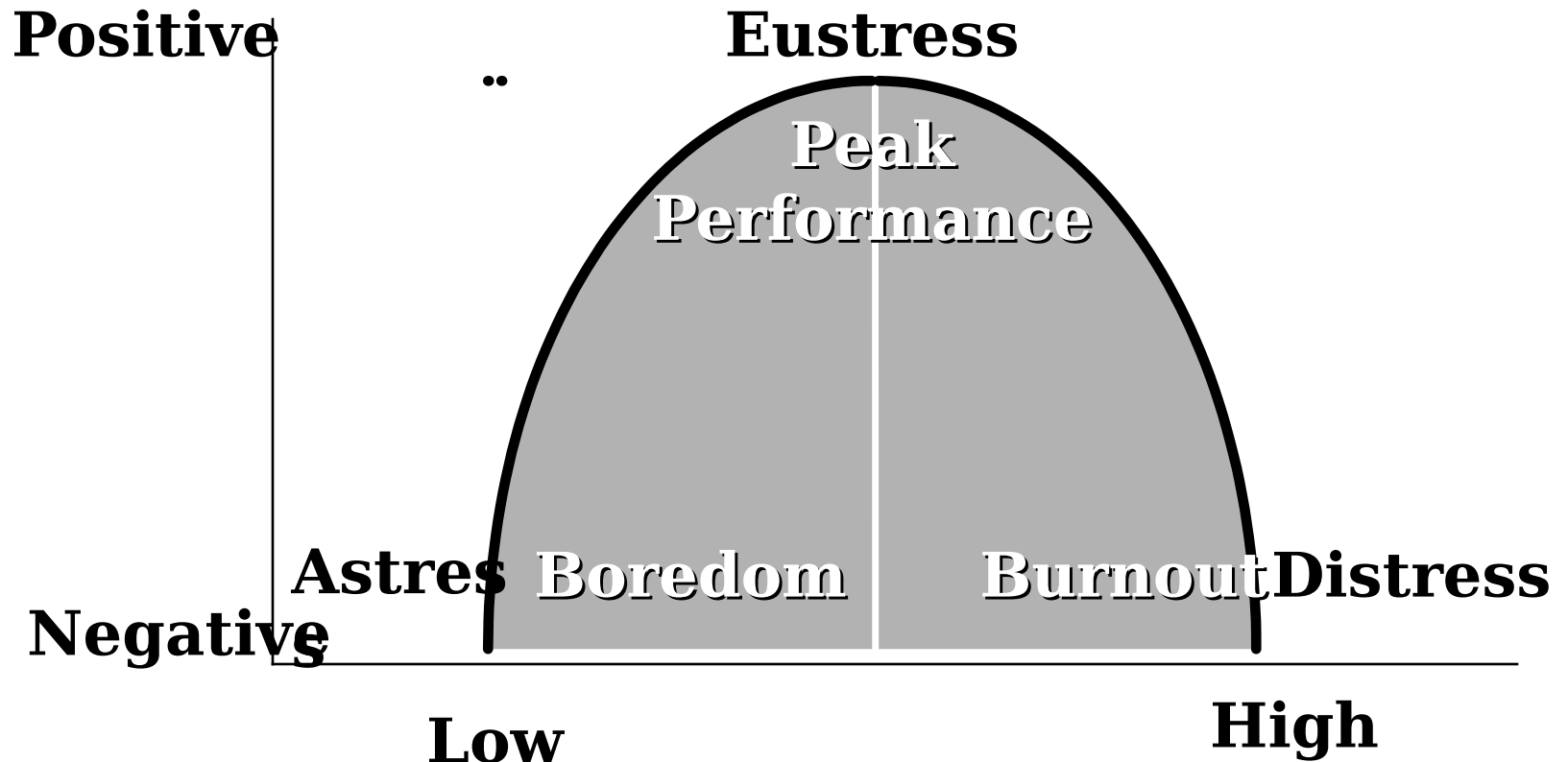
Stress Impacts Us on Many Level

How we react to stress...

- ✓ mentally causes spiritual and physical changes.
- ✓ spiritually causes physical and mental changes.
- ✓ physically causes mental and spiritual changes.



What is Stress?



OH-11

Rev:

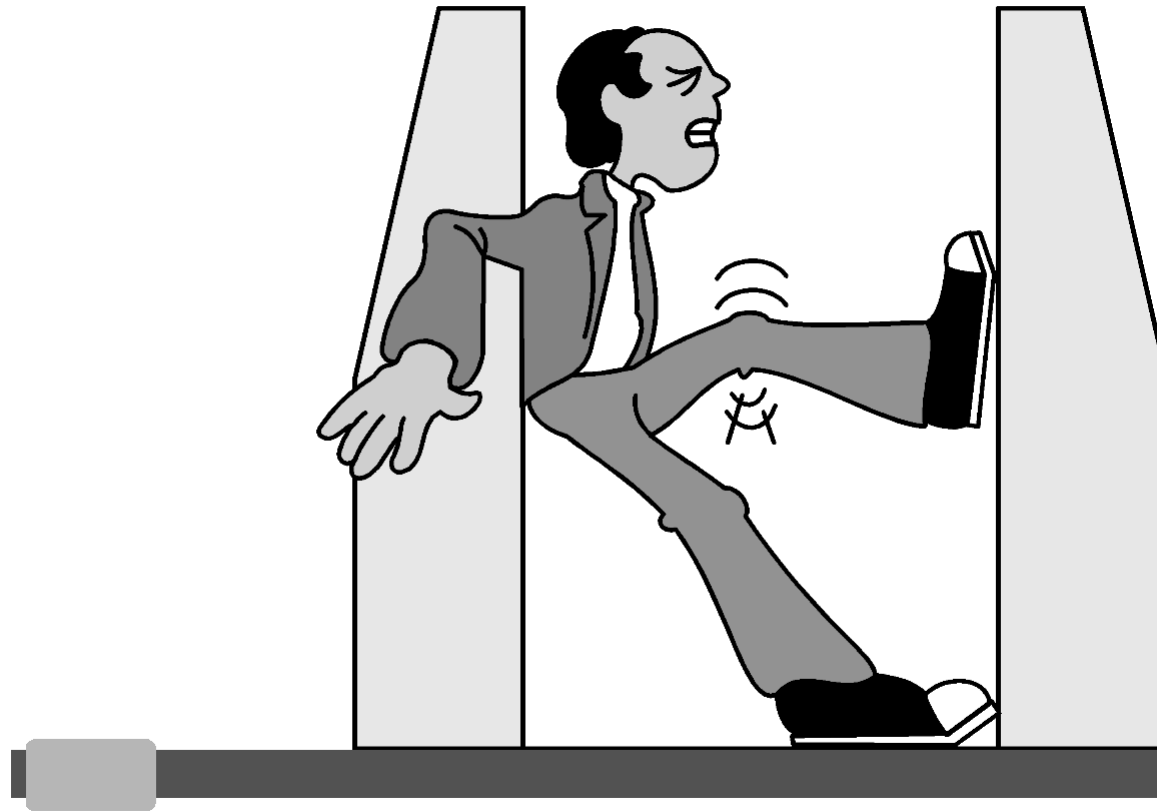


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Stress Reactions

| PHYSICAL | EMOTIONAL | COGNITIVE |
|---|---|---|
| <ul style="list-style-type: none">• Pounding heart• Rapid breathing• Sweaty palms• Cold hands and feet• Lack of energy• Headaches• Muscle tension• Sleep difficulties• Stomach disturbances | <ul style="list-style-type: none">• Irritability• Nervous, edgy• Lack of patience• Crying• Losing temper• Worrying• Emotional sensitivity | <ul style="list-style-type: none">• Memory lapse• Lack of concentration• Increase in careless errors• Negative attitude• Pre-occupation |

People Respond to Stress in Different Ways



OH-13
Rev:



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Coping With Stress

| To Do: | To Avoid: |
|--------|-----------|
| | |
| | |
| | |

Coping With Stress

To Do

- Physical Activity
- Go for a Walk
- Sleep at least 4 hours while in a field environment and 7-8 hours per night elsewhere
- Talk with a Friend
- Eat a Healthy Diet
- Be Assertive
- Develop a Hobby
- Manage Your Time
- Take mini-vacations throughout the day
- Practice Relaxation.
- Have Fun

Coping With Stress

To Avoid

- Being a Couch Potato
- Yelling at Your Spouse, Family, and Friends
- Sleeping Too Little or Too Much
- Withdrawing from Others
- Eating too little or too much
- Being Aggressive or Passive
- Working Harder, Not Smarter
- Have Time Manage You
- Not Taking a Break Throughout the Day.
- Eating Lunch at Your Desk
- Skipping Lunch
- Being a Workaholic
- Not Taking Time Off From Work.
- Dwelling on problems.
- Alcoholic Beverages, Caffeine, and Tobacco

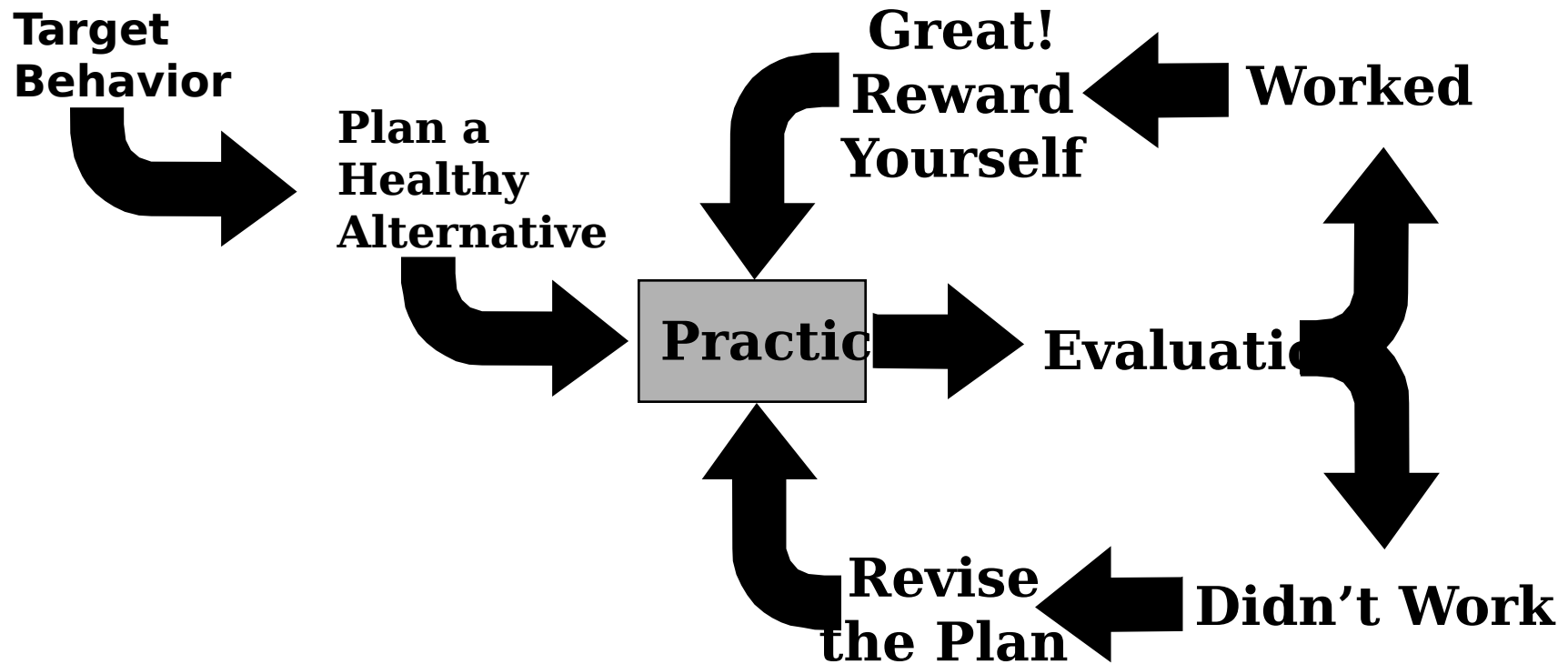




OH-17
Rev:



Practical Guide to Behavior Change



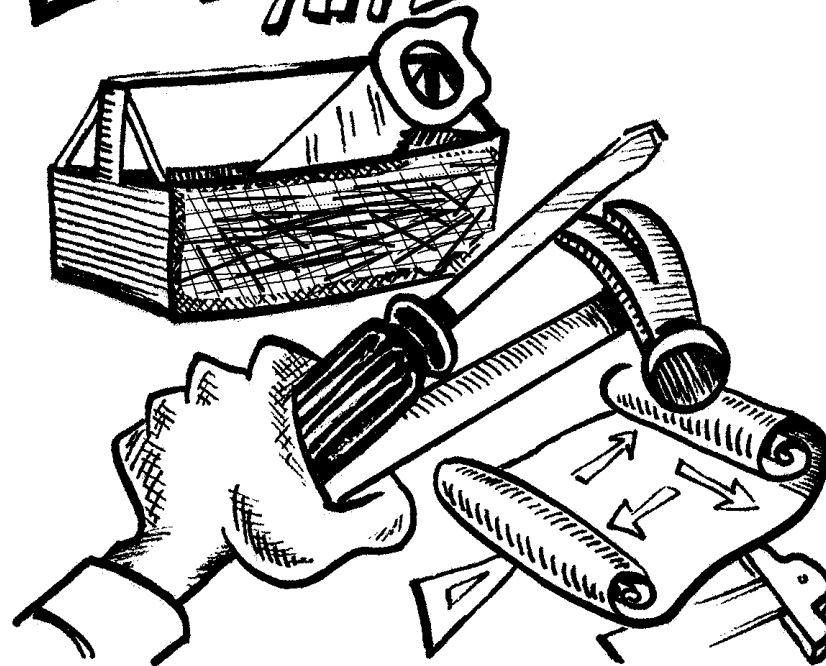
Practical Guide to Behavior Change

| | |
|-----------------------------------|---|
| Target Behavior | Feeling tense during work. |
| Plan a Healthy Alternative | Take a brief (one to two minute) break to stretch by walking or doing some exercises in place (see Appendix). |
| Practice | Every hour starting tomorrow. (Set watch to chime on the hour as a reminder). |
| Evaluation | How tense do I feel compared to before? |

Practical Guide to Behavior Change

| | |
|--|---|
| Didn't Work: Revise the Plan | Change or add another activity: 1. Continue stretching breaks every hour 2. Add taking a walk at lunch and after work to unwind. Go back to <i>Practice</i> . |
| Worked: Great! Reward Yourself. | Buy a new pair of walking shoes. |
| Go Back to Practice | The more you practice, the better you become! Keep looking for new ways to make it exciting (e.g., walking with friends, varying the route or exercises). |

LIFE APPLICATION



OH-21
Rev:



USACHPPM
Readiness thru Health

Practical Guide to Behavior Change

| | |
|---------------------------------|----------------------------|
| Target Behavior | |
| Plan a Healthy Alternative | |
| Practice | |
| Evaluation | |
| Didn't Work: Revised Plan | Go Back to <i>Practice</i> |
| Worked: Great! Reward Yourself. | |
| Go Back to Practice | |

OH-22

Rev:



Practical Guide to Behavior Change

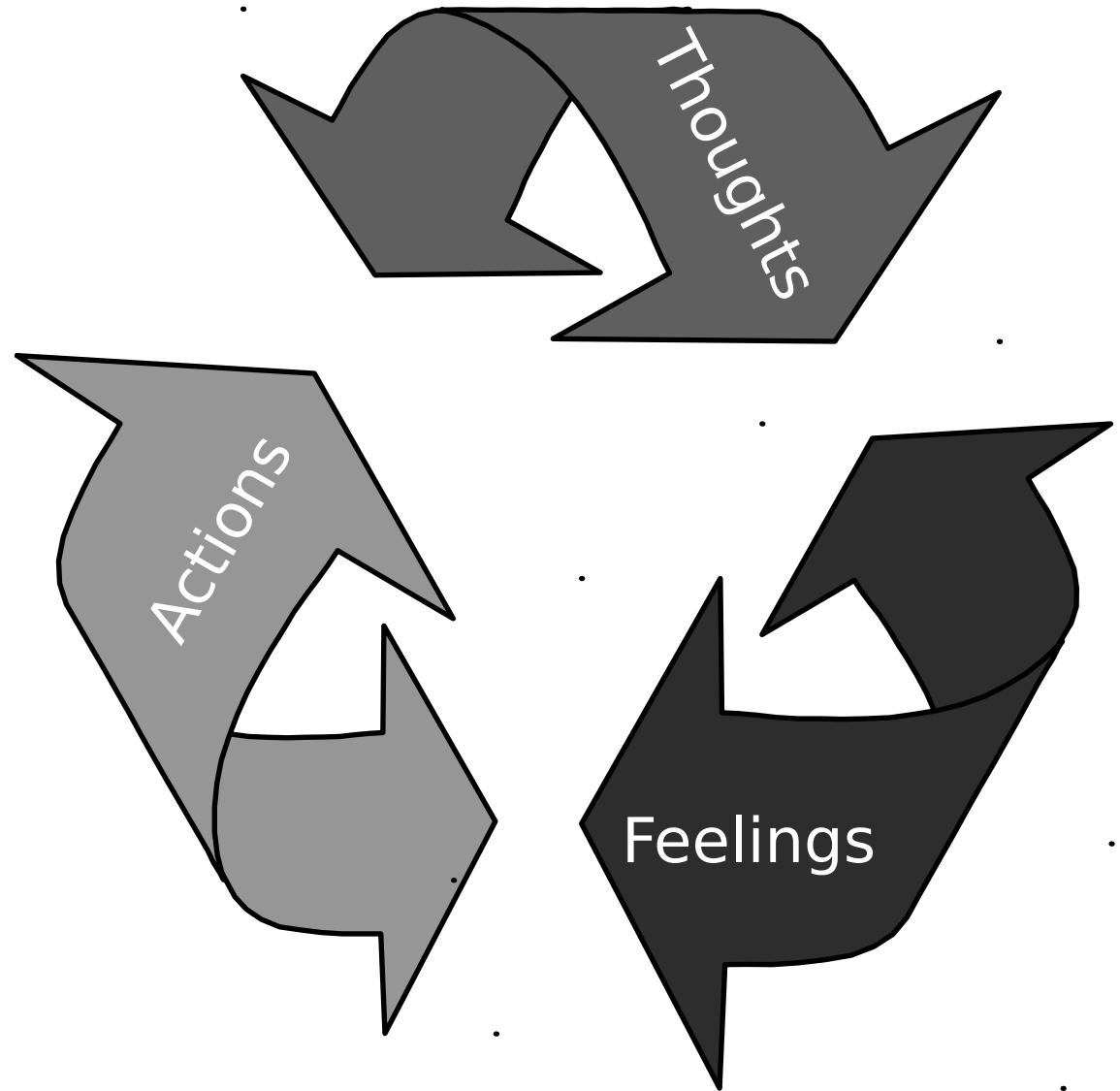
| | |
|--|---|
| Target Behavior | Feeling tense during work. |
| Plan a Healthy Alternative | Take a brief (one to two minute) break to stretch by walking or doing some exercises in (see Special Article, <i>Exercise and Stress</i>). |
| Practice | Every hour starting tomorrow. (Set watch to chime on the hour as a reminder). |
| Evaluation | How tense do I feel compared to before? |
| Didn't Work: Revise the Plan | Change or add another activity: 1. Continue stretching breaks every hour 2. Add taking a walk at lunch and after work to unwind. Go back to <i>Practice</i> |
| Worked: Great! Reward Yourself. | Buy a new pair of walking shoes. |
| Go Back to Practice | The more you practice, the better you become! Keep looking for new ways to make it exciting (for example, walking with friends, varying the route or exercises). |

OH-23

Rev:

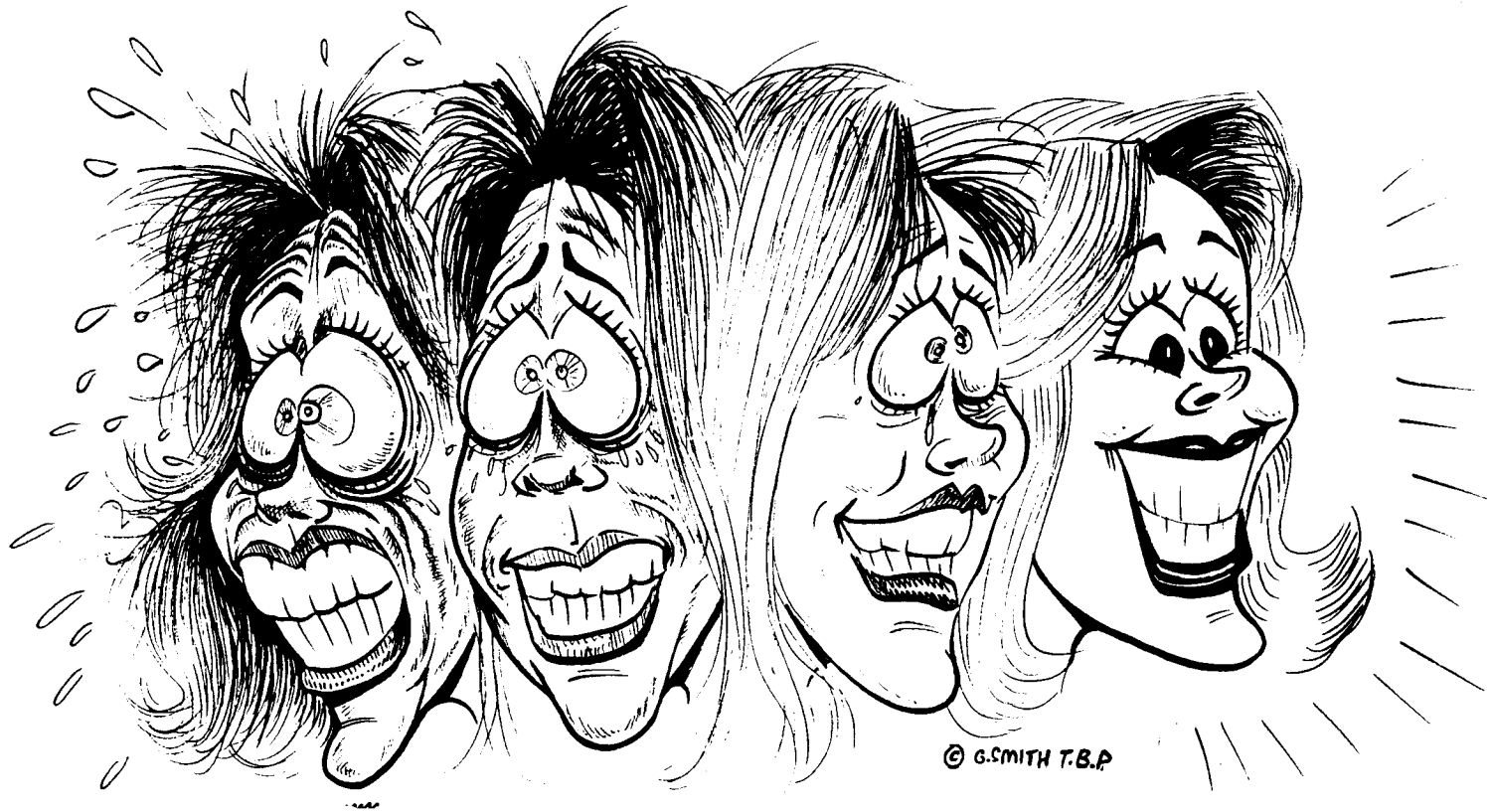


Where Does Change Start?



OH-24
Rev:

Stay Tuned for . . .



Personal Stress Management

OH-25

Rev:



We Need Your



Please complete the course evaluation and return it to your instructor before leaving.

OH-26

Rev:



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Thank you!